

- always have regular eye checks with your Optometrist
- always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- if you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- never use anyone else's medication (this includes eye-drops)

Episcleritis / Scleritis






The Eye Unit

Information and advice for patients
about Episcleritis / Scleritis




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What is Episcleritis?

This is an eye condition where the surface layer of the eye becomes red and inflamed, usually just in one area. It is fairly common, more so in young adults, and will not damage the eyesight in any way.

There is no known cause of this problem and there is no way to prevent it happening.

What are the signs and symptoms of Episcleritis?

People with episcleritis usually have some discomfort, the eye is tender to touch and waters, and they notice an area of redness on the white part of the eye. It usually affects one eye only.

How Is Episcleritis diagnosed?

The doctor or nurse will ask you about your symptoms and then examine your eye using a slit lamp microscope. This shows an area of inflammation on the white of the eye.

How is Episcleritis treated?

In very mild cases artificial teardrops are available from the chemist. These help to keep the eye more comfortable until the problem clears up. In most cases the eye will settle without treatment, usually in two to three weeks.

In more severe cases a mild steroid might be prescribed, this acts as an anti-inflammatory and helps the eye to settle.

A very small number of patients keep getting the episcleritis back again and it does not settle with steroid eyedrops.

The doctor may decide to give these patients a course of anti-inflammatory tablets to settle the inflammation quickly and to stop it getting worse.

Scleritis

This is much less common than episcleritis. The symptoms are similar to episcleritis but the area of redness is more widespread and the eye can become very painful often waking the sufferer up at night.

It may be associated with other inflammatory conditions such as rheumatoid arthritis.

Treatment for scleritis is usually oral steroids or antiinflammatory drugs. Steroid eyedrops may also be given.

If you have any problems or questions about your condition or treatment, please do not hesitate to ask any member of the medical or nursing staff caring for you.

For further information and advice please contact:

Emergency Helpline: 0300 019 4181

Mon-Sat: 8am-6pm

Sunday: 8:30am-2pm

and bank holidays: 8:30am-6pm

Remember...

- always wash your hands before and after touching your eye/s
- always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved